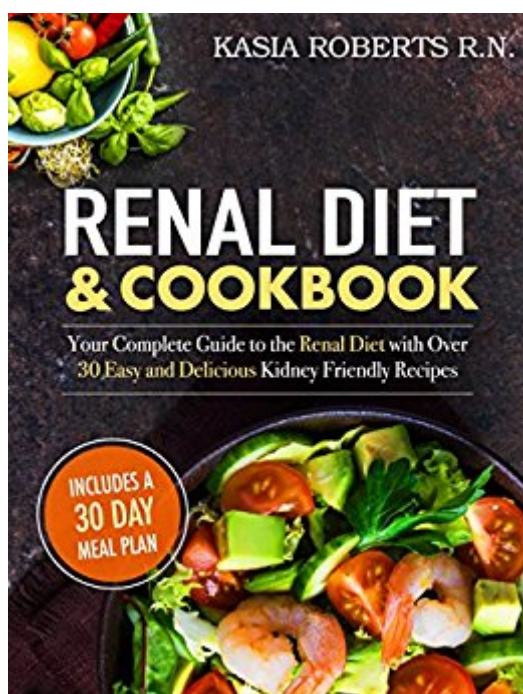


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Renal Diet And Cookbook: Your Complete Guide To The Renal Diet With Over 30 Easy And Delicious Kidney Friendly Recipes (30-Day Meal Plan Included)



Synopsis

Enjoy Fresh, Healthy and Delicious Kidney Friendly Recipes Starting Today! Do you or someone that you care about suffer from compromised kidney function, also referred to as renal failure? Are you looking to adopt a kidney-friendly lifestyle? If you do then you know that one of the most frustrating aspects of treatment is learning how to eat for kidney health. This list of foods that can be enjoyed seems restrictive and so many things that you might have once loved are no longer allowed. With everything else going on in your life, you do not need any added stress from something such as your diet. This book helps to simplify the process for you while providing you with a 30-Day Meal Plan and delicious recipes to help you complete one month of kidney friendly eating. You can do anything for just one month, and I challenge you to follow this renal diet for just 30 days. Soon, your outlook, enthusiasm and health will be all the better for it. Here are just a few things you will learn about in this book: -What is renal failure: causes, symptoms, treatments -Key nutrients and what role they play in kidney health -Dietary and lifestyle adjustments necessary for kidney health -Step-by-step recipes to follow with a nutritional analysis of each meal -30-Day Meal Plan outlining the exact recipes that you can eat to help your kidneys heal and increase your kidney function -Foods: What to have and what to avoid -Much, much more

Maintaining a renal diet does not have to be hard. You do not have to give up your enjoyment of foods! Here are just a few of the delicious recipes you will discover in this book: Breakfast Summer Vegetable Omelet Spicy Breakfast Burrito Apple and Brie Omelet Zucchini Egg Cups Lunch Recipes Cajun Shrimp Salad Cranberry Apple Salad Chicken Curry Salad Chicken Waldorf Salad Island Rice Salad Dinner Recipes Gingery Eastern Lettuce Wraps Spicy Beef and Vegetables Lemon Caper Pasta Stuffed Chicken Breasts

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